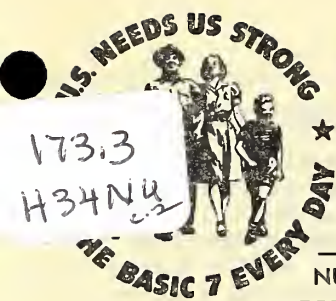


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# NUTRITION

U. S. DEPARTMENT OF AGRICULTURE

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## News Letter

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### NUTRITION INSTITUTE SPONSORED BY INTER- AGENCY NUTRITION PLANNING COMMITTEE

As this issue goes to press (April 1) we in Washington are in the midst of a 3-day nutrition institute sponsored by the Interagency Nutrition Planning Committee for Government personnel. The plans for this institute were developed cooperatively by members of the committee, which is made up of representatives of the Bureau of Human Nutrition and Home Economics, Extension Service, Farmers Home Administration, Public Health Service, Production and Marketing Administration, Office of Education, and the American Red Cross.

The purpose of this in-service training institute is to review and evaluate recent findings in the nutrition field and to arouse an awareness in people concerned with food and agriculture programs with the implications of these findings. It is designed primarily to meet the needs of personnel in agencies represented on the Interagency Nutrition Planning Committee. Neither funds nor facilities were available to make this a public conference of broader scope, such as the National Nutrition Conference of 1941. However, for those who attend, the institute provides a common background of knowledge and understanding helpful in organizing and coordinating programs. It also brings out how good nutrition and human welfare are the end products of our Nation's agriculture.

We are able to include only the program at this time; however, we hope to carry a summary of the institute proceedings in the next issue.

#### Program

March 30, morning. Chairman: Dr. Esther F. Phipard, Bureau of Human Nutrition and Home Economics, and Chairman, Interagency Nutrition Planning Committee

Introduction - Dr. Phipard

A Coordinated Approach to Nutrition Programs - M. L. Wilson, Director of Extension Work

Nutrition and Health Improvement - Dr. W. H. Sebrell, National Institutes of Health

Nutrition and Related Frontiers - Dr. C. Glen King, The Nutrition Foundation

March 30, afternoon. Highlights of Current Research and Field Studies  
Chairman: Dr. Harold R. Sandstead, Public Health Service

Research - Dr. Esther Batchelder, BHNHE

Field Studies - Dr. Fred W. Morse, PHS

An Example of Cooperative Nutrition Work; Cumberland Pilot Study - Dr. Millicent Hathaway and Sadye Adelson, BHNHE; and Dr. Olaf Mickelsen, PHS

March 31, morning. Nutrition Education  
Chairman: Ata Lee, Office of Education

Report of Recent Studies Dealing with Nutrition Education in the Schools - Edna P. Amidon, Office of Education

Rural Education Methods in Nutrition - Eleanore Davis, Extension Service, and Gertrude Drinker, Farmers Home Administration

A Nutrition Study with Urban Families - Dr. Pauline Beery Mack, Pennsylvania State College

March 31, afternoon. Soils, Foods, and Nutrition. Chairman: Florence Hall, Extension Service

Relation of Soils to Nutrition - Dr. Kenneth C. Beeson, Director, U. S. Plant, Soil, and Nutrition Laboratory, Ithaca, New York

Fruits and Vegetables from Farm to Consumer - Durwood F. Fisher, Bureau of Plant Industry, Soils, and Agricultural Engineering

Conserving Food Values - Dr. Bernice K. Watt, BHNHE

Discussion Leader: Dr. Douglas Enslinger, Extension Service



April 1, morning. Nutrition and Food Supply. Chairman: Dr. Esther F. Phipard

Trends in Consumption and Implications of Nutrition Research for Agriculture - Dr. Hazel K. Stiebeling, Chief, BHNHE

Production Planning - O. V. Wells, Chief, Bureau of Agricultural Economics

April 1, afternoon. Using the Food Produced. Chairman: Dr. Esther F. Phipard

Food Distribution Programs - H. C. Albin, Production and Marketing Administration

Maintaining Levels of Consumption - Fred Waugh, Council of Economic Advisers, Executive Office of the President

#### CATCHING THE EYE OF THE PASSER-BY

Are you making full use of window space for displaying nutrition messages? An exhibit in a window of a public building, bank, store, railway terminal, or other building where people pass is seen by many who would not otherwise be reached. Such an exhibit should be eye-catching and the message clear enough to be grasped "on the run." It should contain only one idea.

Before starting the actual planning for an exhibit choose a central theme. Write down the information you want included. The message should be timely and related to the current situation. Make a rough sketch of the general layout, making sure you have a focal point to which the eye of the passer-by will be attracted and which unconsciously directs his line of vision. Select pictures and other objects. Simplicity, unity, movement, accuracy, and clearness are essential for any good exhibit. The color scheme and style of lettering will also have an important part in carrying forward the spirit of the message.

The legends or wording must be short. Seven words at a glance are all that can be caught by an average audience. Use definite terms and those which are familiar to all people.

For greatest effectiveness plan a series of exhibits around a central theme. A different exhibit each week in the same window advancing various aspects of one idea has a tremendous cumulative effect.

#### NUTRITION PLANNING COMMITTEE NOTES

This interagency committee (November NNL) is sponsoring the Nutrition Institute described on page 1. First suggested at the November meeting by M. L. Wilson, the idea of the institute has become embodied in a well-rounded program.

The general framework of the institute was set up by the whole committee at its December and January meetings. Members outlined the kind of information they needed and the help they felt would be most useful to them. Speakers were then chosen who could best supply such information and help.

A subcommittee made up of Dr. Fred W. Morse, Public Health Service, chairman; Helen Stacey, Children's Bureau; Ata Lee, Office of Education; Florence Hall, Extension Service; and Pauline Murrah, American Red Cross, was given the responsibility of actually planning the program.

At each monthly meeting of the whole committee, the subcommittee outlined the plans it had developed so that everyone on the committee had a chance to contribute ideas.

At its March meeting, the committee invited to membership the School Lunch Division of Food Distribution Programs Branch, PMA.

*Esther F. Phipard*

Esther F. Phipard, Chairman

#### HARVARD UNIVERSITY SCHOOL OF PUBLIC HEALTH OFFERS WORKSHOP IN NUTRITION EDUCATION

The Department of Nutrition of the Harvard University School of Public Health is offering a workshop in nutrition education from July 11 to 23. School administrators, supervisors, teachers, lunchroom managers, nurses, and community personnel contributing to a school program are invited to apply for permission to attend the workshop. The group will be limited to 20 or 25 persons. Those who attend will have the major part of their expenses paid.

The purpose of the workshop is to acquaint persons from different areas in the United States with the department's



Research program in nutrition education for the public schools. The project has been under way for 3 years, financed by grants from the Nutrition Foundation, Inc., and Swift and Company. During this period of research, the department has developed techniques, methods, and materials to aid schools in establishing a health and nutrition education program as a part of their curriculum from kindergarten through the twelfth grade.

The Department hopes that those who attend will carry out a program in health and nutrition education in their own school areas next year. Assistance through the year will be available. The group will be brought together again in the summer of 1950 for the purpose of evaluation.

For further information write Dr. Betty Lockwood, Harvard University School of Public Health, 695 Huntington Avenue, Boston 15, Mass.

#### NEWS OF STATE COMMITTEES

UTAH.—The State Nutrition Council recognizes the need of giving the public correct information on nutrition to counteract some of the faulty and misleading statements being made. Accordingly, council members prepared articles for publication in local papers and magazines. Two series under the title "Nutrition Council Speaks" are appearing—one in the State Farm Bureau paper and the other in the Children's Friend Magazine. Both of these publications have State-wide circulation and the latter has a wide distribution in Idaho and Arizona as well.

Arrangements were made with radio stations in Salt Lake City and Logan to broadcast the 13 platters on nutrition available from the American Medical Association (NNL for February 1948). A third station is planning to broadcast the platters also in order to completely cover the State. The teacher and students of a college nutrition class which meets at the time of one of the broadcasts reserve the time to listen to the program.

Exhibits and displays gave further nutrition information at various conventions. A demonstration of salads and salad preparation was given at the February convention of the Restaurant Association.

The council holds regular monthly meetings, according to Chairman Ethelwyn

Wilcox. At these meetings, speakers have given talks on such subjects as nutritional aspects in the treatment of diseases of the heart and on hormones and nutrition. At one meeting members reported on what their organizations are doing in nutrition.

Membership of the council includes representatives from the various universities and colleges in the State, home economists from commercial industries, State home economics departments, Farm Bureau, Extension Service, Department of Health, Utah Diabetic Association, Farmers Home Administration, State School Lunch, and Church Relief Society.

NEW YORK CITY.—The nutrition exhibits entered in the contest "Food for Figure, Fitness, and Fun," mentioned in the January NNL, were judged and placed on public view February 3 in the American Museum of Natural History. Prizes were awarded 17 winners out of the 158 home economics students who sent in exhibits.

Among the winners was the exhibit entitled "Nutrition Express," a train with each of its seven cars filled with samples or models from the seven basic food groups. It carried the legend "Eat at least one food from each of these cars every day."

Traveling exhibits on nutrition are being made by a committee of the Food and Nutrition Division. The first, demonstrating a proper diet for expectant mothers, has been approved and is now available for circulation. Information about it may be obtained from Food and Nutrition Division of the Health Council of Greater New York, 130 East 22d St., New York 10, N. Y. This is the new name of the former New York City Food and Nutrition Committee. At the first annual meeting of the division, Dr. Herbert Pollack was elected chairman.

This division has compiled a catalog with detailed descriptions and criticisms of the currently available moving picture shorts in the field of nutrition. This catalog can be obtained for 75 cents by writing to headquarters. (Nov. NNL.)

In cooperation with the Hospital Association and the New York County Medical Society, the Food and Nutrition Division is making a study of hospital diets in public and private hospitals of Manhattan.



The Chelsea Clinton Health Council set up a subcommittee to consider the establishment of a milk station for distributing CO-OP milk in quart containers at several cents less than store prices.

The Mott Haven Health Council Nutrition Committee recently surveyed the food intake of 844 students in 28 classes of Public School 62. Preliminary conclusions show that these children's diets are substandard in milk products, proteins, potatoes, cereals, and bread.

The Fort Green Nutrition Committee held nutrition classes last fall for children and their mothers.

CHICAGO, ILL.—A nonprofessional meeting for members of the Chicago Nutrition Association and women's organizations was held February 17. It included a talk on the economical use of food, and a demonstration on the preparation of good breakfasts.

At a luncheon meeting on March 25, members heard Dr. F. J. Stare speak on the subject "Calories in Parenteral Nutrition."

The association's news letter, "Chicago Nutrition Association Reporting," in reviewing "Selected Works of Henry Clapp Sherman" (published by the Macmillan Company, 1948, 1056 pp.) says: "In a section 'Looking Forward in Nutrition,' written especially for this volume, Doctor Sherman emphasizes that while further research will add much to our knowledge of nutrition, full application of what is already known would bring about an 'epoch-making nutritional improvement of life.' Doctor Sherman hopes for the more constructive use of the person trained in nutrition so that he may be not only 'a policeman or repair man to prevent or correct malnutrition,' but also 'an architect of the higher health.'"

INDIANA.—At the request of nutritionists and home economists who wanted to be brought up-to-date on nutrition methods and subject matter, the State Nutrition Council and the Indiana Home Economics Association held a joint meeting on April 1.

The Food Habits Surveys sponsored by General Mills were discussed during the morning. It was reported that educational programs have been carried long enough that resurveys actually show a considerable difference in results obtained in schools where teachers have had training in nutrition from those

where teachers have had little or no training.

A talk on Recent Advances in Nutrition high lighted the luncheon meeting. The afternoon was given over to an executive committee meeting.

WEST VIRGINIA.—An evaluation of Nutrition Day held on November 4 at Fairmont opened the February 8 meeting of the State Nutrition Committee. The group felt that other parts of the State would be interested in this type of program and that the panel discussion was of special value because it brought out many points that could be used to evaluate one's contribution to community nutrition. Attendance would be improved, members felt, if meetings were held in conjunction with dental and medical association meetings.

The Subcommittee on Recruiting Dietitians is trying to stimulate hospitals in West Virginia to offer dietetic internships and colleges to offer master's degrees in dietetics. The results of a survey the subcommittee made were sent to hospitals and colleges.

After hearing a report on the Good Breakfast Program, members of the committee decided that more concentrated effort was needed to promote it. Various groups were asked to suggest plans for future activity.

The Vitamin C Subcommittee is continuing its radio broadcasts on nutrition, gardening, and health.

Reporters from the Charleston Gazette and Daily Mail attended part of the meeting, and both papers carried articles on State Nutrition Committee activities.

#### NEW MATERIALS

"Storage for School Lunch Food and Supplies," PA-63, March 1949, 11 pp., illus. Available upon request from the Information Branch, PMA, Washington 25, D. C.

Sincerely yours,

*M L Wilson*  
M. L. Wilson, Chief  
Nutrition Programs

*W H Sebrell*  
W. H. Sebrell, Consultant